

Topic	Summary of Recommendations	Recommending Agency* and Resource Links
General	Goals: Early detection of possible infection, swift isolation of ill	CDC:
Prevention	individuals, and interruption of potential exposure pathways.	Interim Infection Prevention and Control (IPC)
Measures	 Assign an individual with training in infection prevention and 	Recommendations to Prevent Spread of SARS-CoV-2
	control to provide onsite management of all COVID-19	in Nursing Homes -
	prevention and response activities. Continue to encourage	www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-
	physical distancing (6 foot distancing between all residents	<u>care.html</u>
	and staff except when staff are providing direct care to residents)	Interim IPC Recommendations for Healthcare Personnel -
	 It is generally safest to implement universal use of source 	www.cdc.gov/coronavirus/2019-ncov/hcp/infection-c
	control for everyone in nursing homes including residents, staff, and visitors	ontrol-recommendations.html
	 Frequent hand hygiene 	
	 Proper use of personal protective equipment (PPE) 	
	 Cleaning and disinfecting of surfaces 	
	 Actively monitor all residents upon admission and at least 	
	daily for fever and symptom checks, and isolation of those with symptoms.	
	 Some of these recommendations can be modified in response to COVID-19 vaccination (being "up to date"). 	
	Even as nursing homes resume normal practices and begin relaxing	
	restrictions, nursing homes must sustain core infection prevention	
	and control (IPC) practices and remain vigilant for SARS-CoV-2	
	infection among residents and healthcare personnel (HCP) in order	
	to prevent spread and protect residents and HCP from severe	
	infections, hospitalizations, and death.	
Hand Hygiene	Use alcohol-based hand rub (ABHR) with at least 60% ethanol or 70%	CDC:
	isopropanol as the primary method for hand hygiene in most clinical	Clean Hands Count Campaign -
	situations. Perform hand hygiene at appropriate times before and after	https://www.cdc.gov/handhygiene/campaign/index.h
	touching a resident, between residents, and frequently during care.	<u>tml</u>
		Hand Hygiene in Healthcare Settings -
		https://www.cdc.gov/handhygiene/index.html



Personal Protective Equipment (PPE)	 Source control is recommended for everyone in a healthcare setting, and is especially important for individuals who live or work in counties with substantial to high community transmission or who: Are not up to date with all recommended COVID-19 vaccination doses Have suspected or confirmed SARS-CoV-2 infection or other respiratory infection Had close contact or a higher-risk exposure with someone with SARS-CoV-2 infection for 10 days after the exposure Have moderate to severe immunocompromise Source control options for HCP include a NIOSH-approved N95 respirator or a well-fitting facemask. See CDC guidance for more information on source control options for HCP, recommended frequency of HCP changing source control, and situations when consideration could be given to allowing HCP, residents, or visitors to not use source control. Standard Precautions should be followed for the care of all residents at all times. This involves the practice of hand hygiene and respiratory etiquette, safe injection practices, and the use of PPE when contact with blood, body fluids, wounds, etc. is possible. When a staff member needs to enter a resident's room or care area, gloves should be added to Standard Precautions. A gown and eye protection should be added when performing an aerosol-generating procedure; during care activities where splashes and sprays are anticipated; or during high-contact resident care activities, such as dressing, bathing/showering, transferring, providing hygiene, changing linens, changing briefs or assisting with toileting device care or were a required care. Propore 	CDC: Interim IPC Recommendations for Healthcare Personnel - www.cdc.gov/coronavirus/2019-ncov/hcp/infection-c ontrol-recommendations.html Level of community transmission: https://covid.cdc.gov/covid-data-tracker/#county-vie w CDC: Optimizing Personal Protective Equipment (PPE) Supplies- https://www.cdc.gov/coronavirus/2019-ncov/hcp/pp e-strategy/index.html
	resident care activities, such as dressing, bathing/showering,	



PPE for COVID-19

- The resident must be isolated in their room with the door closed, and HCP should wear all recommended PPE during the care of that resident. This includes a NIOSH-approved N95 or equivalent or higher-level respirator, gown, gloves, and eye protection (i.e., goggles or a face shield that covers the front and sides of the face).
- In some circumstances (e.g., memory care units), keeping the door closed may pose resident safety risks and the door might need to remain open. If doors must remain open, work with facility engineers to implement strategies to minimize airflow into the hallway.
- If SARS-CoV-2 infection is not suspected, HCP working in facilities located in counties with substantial or high transmission should use PPE as described below:
 - Eye protection should be worn during <u>all</u> resident care encounters.
 - NIOSH-approved N95 or equivalent or higher-level respirators should be used for:
 - All aerosol-generating procedures
 - All surgical procedures that might pose higher risk for transmission if the resident has COVID-19 (e.g., that generate potentially infectious aerosols or involving anatomic regions where viral loads might be higher, such as the nose and throat, oropharynx, respiratory tract)
 - Other situations when additional risk factors for transmission are present, such as the resident is not up to date with COVID-19 vaccination, unable to use source control, and the area is poorly ventilated.
 - In simple terms, facilities in counties with substantial or high transmission may consider **universal** use of NIOSH-approved N95 respirators for HCP during all resident care encounters or in specific areas of the facility at higher risk for SARS-CoV-2 transmission.

CDC:

Interim IPC Recommendations to Prevent SARS-CoV-2 Spread in Nursing Homes-

https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html

Level of community transmission:

 $\frac{\text{https://covid.cdc.gov/covid-data-tracker/\#county-vie}}{\underline{w}}$

VDH:

<u>Considerations for Personal Protective Equipment</u> (<u>PPE</u>) and Cohorting during COVID-19 Response in Long-Term Care Facilities



Cohorting	Designate an area (e.g., a wing, ward, floor or end of a hallway) to	CDC:
Contoi ting	care for residents with COVID-19	Interim IPC Recommendations to Prevent SARS-CoV-2
	A physically separated area with clear signage	Spread in Nursing Homes-
	 COVID-19 positive and negative residents should not share 	https://www.cdc.gov/coronavirus/2019-ncov/hcp/lon
	common areas or bathrooms	g-term-care.html
	 Only residents with the same respiratory pathogen should be 	g-term-care.ntmi
	housed in the same room.	VDH:
	Dedicate equipment and staff to each cohort (i.e., all	Considerations for Personal Protective Equipment
	COVID-19 positive or all COVID-19 negative) to the extent	(PPE) and Cohorting during COVID-19 Response in
	possible. If equipment must be shared, clean and disinfect	Long-Term Care Facilities
	before and after each use.	Long Term care radiities
	 Ensure that high-touch surfaces in staff break rooms and 	
	work areas are frequently cleaned and disinfected (e.g., each	
	shift).	
	As space and staffing allow, it is recommended to cohort known	
	COVID-19 positive residents, cohort new admissions with an	
	unknown status, and cohort current, healthy asymptomatic	
	residents, separately from each other with designated staffing for	
	each group.	
	 If possible, HCP working on the COVID-19 care unit should have 	
	access to a restroom, break room, and work area that are separate	
	from HCP working in other areas of the facility.	
Environmental	Ensure appropriate environmental cleaning and disinfection of all	CDC:
Cleaning and	areas according to a set schedule and as needed whenever	Environmental Cleaning and Disinfection Guidance -
Disinfection	environmental contamination may have occurred.	https://www.cdc.gov/coronavirus/2019-ncov/hcp/lon
	Use disinfectants approved by EPA for use against the virus that	g-term-care.html
	causes COVID-19. Refer to <u>List N</u> on the EPA website, and follow	
	EPA's 6 Steps for Safe and Effective Disinfectant Use.	<u>EPA</u> :
	High-touch surfaces should be cleaned and then disinfected on	6 Steps for Safe and Effective Disinfectant Use -
	each shift. High-touch surfaces include, but are not limited to: bed	www.epa.gov/sites/production/files/2020-04/docum
	rails, bed frames, bedside tables, call bells, remote controls, room chairs, and light switches.	ents/disinfectants-onepager.pdf
	 Shared equipment should be cleaned and disinfected before and 	
	after each use.	



	 Cleaning on COVID-19 units may need to be delegated to clinical staff to reduce the number of staff interacting with COVID-19 positive residents. All staff in a unit need to have a clear understanding of who is responsible for cleaning what items and surfaces and the proper methods of doing so to ensure there are no accidental gaps in cleaning services. For all cleaning and disinfection products, ensure HCP are appropriately trained on their use and follow the manufacturer's instructions (e.g., concentration, application method, and contact time). If possible, do not allow environmental services staff to work across units or floors. Once the resident has been discharged or transferred, HCP, including environmental services personnel, should refrain from entering the vacated room until sufficient time has elapsed for enough air changes to remove potentially infectious particles. After this time has elapsed, the room should undergo appropriate cleaning and surface disinfection before it is returned to routine use. 	
Linens and Laundry	Manage laundry, food service utensils, and medical waste in accordance with routine procedures. Wash hands after handling dirty items.	CDC: Interim IPC Recommendations for Healthcare Personnel - www.cdc.gov/coronavirus/2019-ncov/hcp/infection-c ontrol-recommendations.html Cleaning and Disinfecting Your Facility - www.cdc.gov/coronavirus/2019-ncov/community/disi nfecting-building-facility-H.pdf
New Admissions/ Readmissions	 Facilities should create a plan for managing new admissions and readmissions. Residents with confirmed SARS-CoV-2 infection who have not met criteria to discontinue Transmission-Based Precautions should be placed in the designated COVID-19 care unit, regardless of vaccination status. 	CDC: New Admissions and Residents who Leave the Facility - https://www.cdc.gov/coronavirus/2019-ncov/hcp/lon g-term-care.html#anchor_1631031505598



- Newly-admitted residents and residents who have left the facility for more than 24 hours, regardless of vaccination status, should have a series of two viral tests for SARS-CoV-2 infection; immediately and, if negative, again 5-7 days after their admission.
- Residents who are up to date with all recommended COVID-19
 vaccine doses and residents who have recovered from SARS-CoV-2
 infection in the prior 90 days do not need to be placed in
 quarantine but should be tested as described above.
- All residents who are **not** up to date with COVID-19 vaccination
 who are new admissions or readmissions should be placed in
 quarantine, even if they have a negative test upon admission and
 should be tested as described above.
 - Residents may be released from quarantine after day 7 (day of admission/readmission is day 0) if a viral test is negative for SARS-CoV-2 and they do not develop symptoms <u>or</u> after day 10 if no test is conducted.
 - Quarantine may be considered if the resident has moderate to severe immunocompromise.
- VDH recommendations for discharging hospitalized patients with a COVID-19 diagnosis to long-term care (LTC) are presented as a flow diagram. Discharge decisions are based on clinical status and the ability of the accepting facility to meet care needs and adhere to infection prevention and control practices.
- Meeting the criteria for discontinuation of transmission-based precautions is not a prerequisite for discharge from the hospital.
- Regardless of vaccination status, residents who leave the facility for less than 24 hours do not require quarantine if they are asymptomatic and have not had close contact with someone infected with SARS-CoV-2. However, facilities might consider quarantining residents based on an assessment of risk (i.e., uncertainty exists about adherence to recommended IPC practices while outside the facility).

VDH:

Recommendations for Hospitalized Patients Being Discharged to a Long-Term Care Facility During the COVID-19 Pandemic -

https://www.vdh.virginia.gov/content/uploads/sites/182/2022/02/VDH-hosp-to-LTCF-transfer-guidance_up dated.pdf



Visitation	 On November 12, 2021, CMS revised their <u>guidance</u> on nursing home visitation. The updated guidance reflects that visitation should now be allowed for all residents, at all times. Visitors, residents, or their representatives should be made aware of the risks associated with visiting loved ones. Visits should be conducted in a manner that adheres to the core principles of COVID-19 infection prevention and does not increase risk to other residents. If a visitor, resident, or their representative is aware of the risks associated with visitation, and the visit occurs in a manner that does not place other residents at risk (e.g., in the resident's room), the resident must be allowed to receive visitors as they choose. 	CMS: Visitation Guidance for Nursing Homes - https://www.cms.gov/files/document/qso-20-39-nh-r evised.pdf Visitation FAQs - https://www.cms.gov/files/document/nursing-home- visitation-faq-1223.pdf VDH: Visiting a Loved One in a Nursing Home? Tips for a Safe Visit - https://www.vdh.virginia.gov/content/uploads/sites/1 82/2022/01/Visiting-a-Loved-One-in-LTCF 1.7.2022.d ocx.pdf
Testing	 Any staff or resident with symptoms of COVID-19, regardless of vaccination status, should receive a viral test immediately. Asymptomatic HCP with a higher-risk exposure and residents with close contact with someone with SARS-CoV-2 infection, regardless of vaccination status, should have a series of two viral tests for SARS-CoV-2 infection. In these situations, testing is recommended immediately (but not earlier than 24 hours after the exposure) and, if negative, again 5–7 days after the exposure. Testing is required for new admissions/readmissions as defined in the "New Admissions/Readmissions" section above. Expanded screening testing of asymptomatic HCP without known exposures is required in nursing homes (see "Required Screening Testing in Nursing Homes" section below). 	CDC: Interim IPC Recommendations to Prevent SARS-CoV-2 Spread in Nursing Homes- https://www.cdc.gov/coronavirus/2019-ncov/hcp/lon g-term-care.html CMS: LTC Facility Testing Requirements - https://www.cms.gov/files/document/qso-20-38-nh-r evised.pdf
Routine Screening	CMS's testing guidance for routine HCP screening relies on the CDC community transmission level.	CDC: Interim IPC Recommendations to Prevent SARS-CoV-2 Spread in Nursing Homes-



Testing in Nursing Homes	 "Level of community transmission" refers to the facility's county level of COVID-19 transmission. This metric uses two indicators (1. Total number of new cases per 100,000 persons within the last 7 days and 2. Percentage of positive diagnostic and screening nucleic acid amplification tests (NAAT) during the last 7 days) For facilities located in counties with substantial to high community transmission: Nursing homes that are regulated by CMS should follow CMS guidance: HCP who are not fully vaccinated should have a viral test twice a week. Nursing homes that are not regulated by CMS are recommended to follow CDC recommendations: HCP who are not up to date with COVID-19 vaccination should have a viral test twice a week. If HCP work infrequently at these facilities and routine testing is required, they should ideally be tested within 3 days before their shift (including the day of the shift). For facilities located in counties with moderate community transmission: Nursing homes that are regulated by CMS should follow CMS guidance: HCP who are not fully vaccinated should have a viral test once a week. Nursing homes that are not regulated by CMS are recommended to follow CDC recommendations: HCP who are not up to date with COVID-19 vaccination should have a viral 	https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html Level of community transmission: https://covid.cdc.gov/covid-data-tracker/#county-view CMS: Long Term Care Facility Testing Requirement- Revised-https://www.cms.gov/files/document/qso-20-38-nh-revised.pdf
Outbreak Investigations in Nursing Homes	 Because of the risk of unrecognized infection among residents, a single new case of SARS-CoV-2 infection in any HCP or a nursing home-onset SARS-CoV-2 infection in a resident should be evaluated as a potential outbreak. 	CDC: Interim IPC Recommendations to Prevent SARS-CoV-2 Spread in Nursing Homes-



department. CDC guidance includes options for a more targeted, contact tracing approach when COVID-19 infections are detected in a facility. If able to identify close contacts, facilities should test all close contacts immediately (but not sooner than 24 hours after exposure) and again 5-7 days after exposure. If unable to identify close contacts, facilities should use a broad-based testing approach (unit-wide or facility-wide). If no new cases are identified, ongoing testing is not required beyond the initial series of 2 viral tests. If new cases are identified, facilities should continue testing every 3-7 days until 14 days with no new cases. If antigen testing is used, more frequent testing (every 3 days) should be considered. The approach to an outbreak investigation should take into consideration whether the facility has the experience and resources to perform individual contact tracing, the vaccination rates of staff and residents, whether the index case is a healthcare worker or resident, whether there are other individuals with suspected or confirmed SARS-CoV-2 infection identified at the same time as the index resident, and the extent of potential exposures identified during the evaluation of the index resident. During an outbreak, facilities should consider increasing monitoring of all residents from daily to every shift, to more rapidly detect those with new symptoms. Testing might be conducted for multiple pathogens during outbreaks of respiratory illness, especially during influenza season.	 		
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outbreaks of respiratory illness, especially during influenza season.		· ·	
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Vaccination ● Facilities should encourage their staff and residents to get CDC:	Vaccination	Facilities should encourage their staff and residents to get	CDC:
Planning vaccinated against SARS-CoV-2. Interim IPC Recommendations to Prevent SARS-CoV-2			l
The VDH <u>vaccination toolkit for LTCFs</u> provides resources to ensure		-	
facilities are provided with the necessary information to access the https://www.cdc.gov/coronavirus/2019-ncov/hcp/lon			, · · · · · · · · · · · · · · · · · · ·
g-term-care.html		,	



	 COVID-19 vaccine, as well as the appropriate resources to contact if facilities require assistance. The Long-Term Care Facility Toolkit: Preparing for COVID-19 Vaccination at Your Facility provides resources including information on preparing for vaccination, vaccination safety monitoring and reporting, frequently asked questions, and printable tools. Weekly vaccination numbers of nursing home residents and HCP should be reported into the CDC National Healthcare Safety Network (NHSN) LTCF Weekly HCP & Resident COVID-19 Vaccination module. Guidance on adjustment to IPC recommendations following vaccination is available in CDC's Interim IPC Recommendations for Healthcare Personnel During the COVID-19 Pandemic Provide influenza vaccination for all residents and staff for the current influenza season. Consider tracking and monitoring weekly influenza vaccination data for residents and staff through NHSN. 	Weekly COVID-19 Vaccination Data Reporting (NHSN) https://www.cdc.gov/nhsn/ltc/weekly-covid-vac/inde x.html Weekly Influenza Vaccination Data Reporting (NHSN) - www.cdc.gov/nhsn/ltc/vaccination/index.html VDH: COVID-19 Vaccination Response - https://www.vdh.virginia.gov/immunization/covid19v accine/ COVID-19 Vaccination Toolkit- https://www.vdh.virginia.gov/coronavirus/health-prof essionals/virginia-long-term-care-task-force/ Influenza Information for Healthcare Professionals and Facilities- https://www.vdh.virginia.gov/epidemiology/influenza -flu-in-virginia/influenza-information-for-healthcare-p rofessionals-and-facilities/
Communication	 Routinely update residents and families about the status of COVID-19 and pandemic response activities in the facility. Discuss concerns about disease, infection prevention, laboratory testing, etc. with the local health department. 	VDH local health department contact information - https://www.vdh.virginia.gov/local-health-districts/
Reporting	 Report suspected and confirmed cases and outbreaks of COVID-19 to the local health department. In NHSN, enter data on the impact of infections on residents and staff, PPE supplies, staffing shortages, COVID-19 vaccination status of residents and staff, and monoclonal therapeutic availability and use. Report all results (positive and negative) from point-of-care (POC) diagnostic tests for COVID-19 through the VDH POC Portal or NHSN. 	CDC: NHSN LTC Module - www.cdc.gov/nhsn/ltc/covid19/index.html LTC Module Enrollment - www.cdc.gov/nhsn/ltc/covid19/enroll.html CMS: Requirements for Reporting SARS-CoV-2 Test Results - www.cms.gov/files/document/qso-20-37-clianh.pdf



	 According to the 16VAC25-220 Final Standard of the Virginia Department of Labor and Industry (DOLI), if three or more employees test positive within a 14-day period, a report must be submitted to VDH and DOLI within 24 hours. 	DOLI: DOLI 16VAC25-220 Final Standard - https://law.lis.virginia.gov/admincode/title16/agency 25/chapter220/ VDH Portal for Reporting Under the DOLI 16VAC 25-220 Final Standard - redcap.vdh.virginia.gov/redcap/surveys/?s=LRHNP89X PK VDH:
		Virginia Regulations for Disease Reporting and Control (12 VAC 5-90-80) POC Reporting Portal - apps.vdh.virginia.gov/POCreporting
Training	Before providing care to a person with COVID-19, HCP must: 1) Receive comprehensive training on when and what PPE is necessary, where PPE is located, how to don (put on) and doff (take off) PPE, limitations of PPE, and proper care, maintenance, and disposal of PPE. 2) Get fit-tested for N95 respirator use if providing direct care to residents with suspected or confirmed SARS-CoV-2. 3) Demonstrate competency in performing appropriate infection prevention and control practices and procedures.	CDC: LTC mini webinars: Sparkling Surfaces - https://youtu.be/t7OH8ORr5Ig Clean Hands - https://youtu.be/xmYMUly7qiE Closely Monitor Residents - https://youtu.be/1ZbT1Njv6xA Keep COVID-19 Out! - https://youtu.be/7srwrF9MGdw PPE Lessons - https://youtu.be/YYTATw9yav4 CMS: CMS/CDC Fundamentals of COVID-19 Prevention Training - qioprogram.org/cms-cdc-fundamentals-covid-19-prevention-nursing-home-management

^{*}CDC and CMS are continually updating guidance; recommendations may change accordingly. Additional tools and resources may be found on the VDH COVID-19 Long-Term Care Task Force page: www.vdh.virginia.gov/coronavirus/health-professionals/virginia-long-term-care-task-force/



Agency Acronyms:

CDC – Centers for Disease Control and Prevention

CMS – Centers for Medicare and Medicaid Services

DOLI – Virginia Department of Labor and Industry

EPA – Environmental Protection Agency

VDH – Virginia Department of Health